



Teen dating abuse is a pattern of physically, sexually, verbally, and/or emotionally abusive or controlling behavior in a dating relationship.

Types of Abuse:

Physical Abuse	hitting, punching, strangulation, using weapons
Emotional Abuse	isolation, humiliation, threats, manipulation
Sexual Abuse	any unwanted sexual activity
Technological Abuse	monitoring texts/social media, demanding passwords, tracking whereabouts
Financial Abuse	withholding money, monitoring spending
Stalking	being watched, followed, monitored or harassed

Warning signs someone may be experiencing abuse: ♦

- Their partner calls them names or puts them down in front of others.
- Their partner gets extremely jealous when they talk to other people.
- They apologize for their partner's behavior and make excuses for it.
- They frequently cancel plans at the last minute for reasons that sound untrue or they give up things they used to enjoy doing.
- Their partner is always checking up, calling or texting and demanding to know who they're with and where they've been.
- They're constantly worried about upsetting their partner or making them angry.
- Their weight, appearance or grades have changed dramatically.
- They have injuries they can't explain or the explanations they give don't make sense.

Warning signs from someone who may be an abuser: ♦♦

- They check their partner's cell phones, emails or social networks without permission.
- They are extremely jealous or insecure, and have mood swings.
- They constantly put their partner down.
- They have an explosive temper and constantly make false accusations.
- They isolate partner from family and friends.
- They are physically violent.
- They are possessive.
- They pressure partner to have sex.

How Can I help my friend? ♦♦

- 1) *Start the Conversation* - "It's not your fault." "You don't deserve this."
- 2) *Be Supportive* - "I am glad you told me." "What do you need?"
- 3) *Keep Your Communication Door Open* - "I am here for you."
- 4) *Get Support*



Resources in the Community

Montgomery County Family Justice Center

240-773-0444

600 Jefferson Plaza Suite 500 Rockville, MD 20852

Open Weekdays from 8:30 a.m.-5:00 p.m.

- *Parental accompaniment needed if under age 18.*
- Services include: counseling, safety planning, assistance with filing protective orders and criminal charges, immigration legal services, and legal representation for protective order hearings

JCADA, Jewish Coalition Against Domestic Abuse:

1-877-88-JCADA (52232)

Open Weekdays from 9:00 a.m.- 5:00 p.m.

Rockville, MD

- *Serves any residents of Greater Washington ages 14 and up.*
- Services include: crisis counseling, safety planning, support groups, financial planning and information referral services to all victims of abuse - teens, women and men.

Montgomery County Crisis Center

240-777-4000

1301 Piccard Drive, 1st Floor Rockville, Maryland 20850

Open 24 hours a day 7 days a week.

- *Parental accompaniment needed if under age 16.*
- telephone and walk-in crisis intervention and response to victims of violence, including sexual assault and partner abuse

National Dating Violence Hotline

1-866-331-9474

Text: loveis to 22522

Chat online at loveisrespect.org

One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner.

Free help
is available!

More Information about Dating Abuse

- Break the Cycle - www.breakthecycle.org
- LoveisRespect - www.loveisrespect.org
- Futures Without Violence - www.futureswithoutviolence.org
- That's Not Cool - thatsnotcool.com
- National Domestic Violence Hotline - www.thehotline.org